



## PHYSICAL ABILITY TEST AUTHORIZATION FORM

Each candidate seeking employment as a Howard County Cadet, Entry Level Police Officer, or Lateral Police Officer will participate in the following physical ability tests after a 5-10 minute warm-up period:

1. **Abdominal Muscular Endurance** - measured by the number of bent-leg **sit-ups** performed in one minute.
2. **Explosive Leg Power** - measured by a **vertical jump** on a *JustJump* Machine.
3. **Muscular Endurance of the Upper Body** - measured by the number of **push-ups** performed in one minute.
4. **Cardiovascular Endurance** - measured by a 1.5 mile **run/walk**.

The candidate **must achieve** the following **minimum scores**:

Male/Age	Sit-ups	Vertical Jump	Push-ups	1.5 Mile Run/Walk
18-29	38	19	29	12:53
30-39	35	18.5	24	13:25
40-49	29	15	18	14:10
50-59	24	13.5	13	15:53

Female/Age	Sit-ups	Vertical Jump	Push-ups	1.5 Mile Run/Walk
18-29	32	13.9	15	15:32
30-39	25	12	11	16:43
40-49	20	9	9	17:38
50-59	14	7.1	7	19:43

### TO BE COMPLETED BY CANDIDATE:

CANDIDATE'S NAME (PRINT CLEARLY): \_\_\_\_\_

SOCIAL SECURITY NUMBER: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

### TO BE COMPLETED BY PHYSICIAN:

I certify that I have reviewed the above requirements and it is my opinion that the above-named candidate can perform the elements of this test without undue risk to himself/herself.

PHYSICIAN'S NAME: \_\_\_\_\_

PHYSICIAN'S ADDRESS: \_\_\_\_\_

PHYSICIAN'S TELEPHONE: \_\_\_\_\_

PLACE IMPRINT OF DOCTOR'S OFFICE STAMP HERE ➡



PHYSICIAN'S ORIGINAL SIGNATURE: \_\_\_\_\_

\*DATE: \_\_\_\_\_ (\*This form is valid for six (6) months from the date of physician's signature.)

PHYSICIANS/NURSES ONLY may contact Stacie Morris at 410-313-3245 with any questions regarding this test. Forms completed by Nurse Practitioners will be accepted.

Revised: 10/2014